

# 2018 SUMMER Swimming Lessons



## Personal Lessons

## Evans Pool

7201 E. Green Lake Dr. N. Seattle, WA 98115  
(206) 684-4961

**Want to receive regular e-mail updates from us?**

Send an e-mail to [evanspool-subscribe-request@talk2.seattle.gov](mailto:evanspool-subscribe-request@talk2.seattle.gov)

Need some extra help with that backstroke? Need some basic instruction on the basics of swimming? Or, are group lessons not something you are comfortable with? Sign up for our personal lessons and we will cater the lesson to your needs. \$38 per half hour for 1 student.

Want to add an additional student that is the same skill ability? You can add another student for an extra \$13 per class.

**PERSONAL LESSON REFUND POLICY:** A participant may be issued a refund if he/she drops a lesson, and notifies the program coordinator 14 days prior to the scheduled date. A service charge of \$5 or 10% of the fee - whichever is greater will be retained by the facility. If a participant drops a personal lesson with less than 14 days notice, no refund will be given.

**TRANSFER POLICY:** Transfers will be accepted for personal lessons with at least 48 hours notice. Any open dates or times may be considered. No transfers will be accepted with less than 48 hours notice.



## Save the Dates:

- Registration begins May 22nd
- Summer Swim League June 25-August 4
- Closed Wed July 4th
- Fall registration begins Aug 7th
- Pool Closed Sept 3rd
- Pool Closed Sept 13th



**Seattle**  
Parks & Recreation

# Evans Pool SUMMER Swim Lessons

## Lessons for 6 month - 4 year-olds

<u>Class</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u># Classes</u>	<u>Cost</u>	<u>Barcode</u>
<b>Parent and Child Aquatics Level 1 &amp; 2</b>  <b>6mo - 4 Years Old</b>	Monday	11:30am	6/25-8/20	9	\$67.50	182242
	Tuesday	5:00pm	6/26-8/21	9	\$67.50	182246
	Wednesday	11:30am	6/27-8/22	8	\$60.00	182247
	Wednesday	6:30pm	6/27-8/22	8	\$60.00	182248
	Thursday	6:30pm	6/28-8/23	9	\$67.50	182245
	Friday	11:30am	6/29-8/24	9	\$67.50	182241
	Saturday	10:00am	6/30-8/25	9	\$67.50	182243
	Saturday	3:00pm	6/30-8/25	9	\$67.50	182244

## Family Lessons 4-10 years old

<b>Family Lessons</b>	Saturday	2:30pm	6/30-8/25	9	\$67.50	182012
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## Lessons for 3 year-olds only

<b>3 Year Olds</b>	Monday	11:00am	6/25-8/20	9	\$117.00	182256
	Monday	6:30pm	6/25-8/20	9	\$117.00	182257
	Wednesday	11:00am	6/27-8/22	8	\$104.00	182264
	Thursday	5:00pm	6/28-8/23	9	\$117.00	182262
	Thursday	6:30pm	6/28-8/23	9	\$117.00	182263
	Friday	11:00am	6/29-8/24	9	\$117.00	182255
	Saturday	10:00am	6/30-8/25	9	\$117.00	182259
	Saturday	12:00pm	6/30-8/25	9	\$117.00	182260
	Saturday	12:30pm	6/30-8/25	9	\$117.00	182261
	Saturday	1:00pm	6/30-8/25	9	\$117.00	182258

## Lessons for 4 - 5 year-olds

<b>Kinder</b>  <b>(All Skill levels)</b> <b>4 &amp; 5 Year Olds</b>	Monday	6:30pm	6/25-8/20	9	\$81.00	182013
	Tuesday	11:00am	6/26-8/21	9	\$81.00	182021
	Tuesday	4:00pm	6/26-8/21	9	\$81.00	182022
	Wednesday	6:30pm	6/27-8/22	8	\$72.00	182023
	Thursday	11:00am	6/28-8/23	9	\$81.00	182019
	Thursday	4:00pm	6/28-8/23	9	\$81.00	182020
	Saturday	10:30am	6/30-8/25	9	\$81.00	182017
	Mon-Fri	9:00am	8/6-8/10	5	\$45.00	182014
	Mon-Fri	9:00am	8/13-8/17	5	\$45.00	182015
	Mon-Fri	9:00am	8/20-8/24	5	\$45.00	182016

# Evans Pool SUMMER Swim Lessons

## Lessons for 6 - 16 years old

Class	Day	Time	Dates	# Classes	Cost	Barcode
Beginning Swimmer 6-16 Year olds	Monday	7:00pm	6/25-8/20	9	\$67.50	182003
	Tuesday	4:30pm	6/26-8/21	9	\$67.50	182009
	Tuesday	6:30pm	6/26-8/21	9	\$67.50	182010
	Wednesday	7:00pm	6/27-8/22	8	\$60.00	182011
	Thursday	4:30pm	6/28-8/23	9	\$67.50	182008
	Saturday	11:00am	6/30-8/25	9	\$67.50	182007
	Mon-Fri	8:30am	8/6-8/10	5	\$37.50	182004
	Mon-Fri	8:30am	8/13-8/17	5	\$37.50	182005
Advanced Swimmer 6-16 Year olds	Monday	7:30pm	6/25-8/20	9	\$67.50	181996
	Tuesday	5:00pm	6/26-8/21	9	\$67.50	182001
	Wednesday	7:30pm	6/27-8/22	8	\$60.00	182002
	Thursday	5:00pm	6/28-8/23	9	\$67.50	182000
	Saturday	11:30am	6/30-8/25	9	\$67.50	181999
Pre-Competition 6 - 17 Years old	Monday	7:30pm	6/25-8/20	9	\$67.50	182249
	Wednesday	7:30pm	6/27-8/22	8	\$60.00	182250
Special Populations (6-17 years old)	Saturday	2:30pm	6/30-7/21	4	\$30.00	182251
	Saturday	3:00pm	6/30-7/21	4	\$30.00	182253
	Saturday	2:30pm	7/28-8/25	5	\$37.50	182252
	Saturday	3:00pm	7/28-8/25	5	\$37.50	182254

## Lessons for 16 years old to Adult

Adult Lessons	Monday	8:00pm	6/25-8/20	9	\$67.50	181992
	Tuesday	11:30am	6/26-8/21	9	\$67.50	181994
	Wednesday	8:00pm	6/27-8/22	8	\$60.00	181995
	Thursday	11:30am	6/28-8/23	9	\$67.50	181993
Northwest LGT Prep class	Tu/Thu	7-8pm	8/14-8/16	2	\$45.00	182240
Jr. Lifeguard Camp	Mon/Wed/Fri	4-5:30pm	6/25-8/1	15	\$160.00	182266
Northwest Lifeguard Test	Sun	8:00am	19-Aug	1	FREE	178561
Water Sports Camp	Mon/Wed/Fri	4-5:30pm	8/3-8/24	10	\$82.50	182265

## How to Register for SUMMER Lessons:

Registration for **SUMMER** swimming lessons begins on May 22nd at noon. You can register in person during regular business hours, over the phone, or online. To register over the phone, call 206-684-4961 or 206-684-5177.

To register online visit [www.seattle.gov/parks](http://www.seattle.gov/parks)

### Lesson Tips:

- Please register for the correct age group.
- Youth registering for Advanced Youth must have passed Beginner Swimmer and received a card showing they passed.
- Please read lesson descriptions and prerequisites carefully to make sure your child is registered for the correct class.
- Sorry, we cannot give credits or make-up classes or for missed classes.
- A minimum of 4 students is required for all classes (except for 3 year old lessons).
- Please direct all questions/concerns to the pool cashier or deck supervisor.



**Refund Policy:** Anyone who registers for a class, camp, and special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.

Anyone who registers for a swim lesson who requests a refund before the second class starts will receive a refund, minus a service charge of \$5 or 10% of the class fee (whichever is greater) and charged for the first day if applicable. Anyone who registers and withdraws from a class after the second class begins will receive no refund. Please read the entire policy 7.16 for specific information.

## Lessons & Specialty Courses

Our specially designed **Seattle Swims** Lesson Program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback. We will group children by ability on the first day of class to provide the best opportunity for your child's success.

**Parent & Child Lessons** (Ages 6 months – 4 years) Parents introduce their infants and toddlers to the swimming pool as we teach basic water adjustment and swimming movements. Songs and games create an atmosphere of fun, enjoyment and relaxation. Each child must be accompanied into the water by a parent or adult. Swim diapers or tight fitting plastic pants are required.

**Three-Year-Olds Lessons** (Age 3) Start your child learning basic swimming skills and water safety in a small group with other 3 year olds. We introduce children to basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor. To ensure safety and quality, we maintain a 3:1 student to instructor ratio.

**Kinder Lessons** (Ages 4 & 5) Students will start with basic water adjustment and eventually learn these skills: front and back floats, flutter kick, rolling from front to back, side breathing, Front Crawls Stroke with bilateral breathing, backstroke, whip kick, treading water and water safety skills. We will group children by ability levels on the first day of class. We maintain a 6:1 student to instructor ratio.

**Beginning Swimmer** (Ages 6 – 16) **Floating, Gliding, Kicking:** Children learn to get comfortable putting their face in the water and practicing floating, gliding and kicking on their front, back and sides. These skills provide the foundation for all other swimming strokes they can learn plus kids learn about personal safety and how to know their limits. **Arm Strokes:** Learning to roll from front to back while performing arm strokes is the next step in mastering the crawls stroke. Once kids are doing that we move on to teaching side breathing. Kids also work on back stroke, strengthening kicking, proper body alignment, treading water and swimming in deep water. **Side Breathing and Whip Kick:** Front Crawl Stroke with bilateral breathing, and an introduction to whip kick are among the skills taught in this level. Children continue to work on strength, endurance and proper techniques. We maintain an 8:1 student to instructor ratio.

**Advanced Swimmer** (Ages 6 – 16) Swimmers are introduced to other strokes while continuing to increase safety, fitness and skill proficiency. **Prerequisite:** Swimmers must have passed Beginning Swimmer (have received a completion card), be comfortable in deep water and able to swim 15 yards without stopping. They must demonstrate good Front Crawl Stroke with bilateral breathing, and proper whip kick on their back. Children not ready will be moved to Beginning Youth Swimmer if there is room. **Learning New Strokes:** Also adds Elementary Backstroke, Breaststroke and Butterfly along with continued practice in Front Crawl Stroke and Backstroke. **Increasing Endurance and Proficiency:** Increased distances and more refinement of the previous strokes along with sidestroke are taught in this course. **Proficiency, Fitness and Water Safety:** Teaches increased mastery of technique and endurance in all the strokes plus safety and basic rescue techniques. We maintain up to a 10:1 instructor to student ratio.

**Pre-Competition** (Ages: 6 – 17) Experience the fun of competitive swimming - This class is for students who have successfully completed Advanced Youth Swimmer. The coaches will emphasize improving stroke technique, turns and racing starts, building teamwork, and getting a strong workout for increased endurance.

**DIVING** (Ages: 6 – 16) Have fun while learning critical safety habits, basic springboard diving skills and proper form while supervised by an experienced Diving Instructor. Work on skill progressions for forward and back approaches, take-offs, forward and back dives, inward dives, and more. **Prerequisite:** Students must have successfully mastered skills in Beginning Youth Swimmer and have the ability to dive from the side of the pool in deep water.  
Beginning Diving 1, Beginning Diving 2, Intermediate Diving

**Special Populations Lessons** (Ages 6-17) These are individual or small group lessons for youth with cognitive, developmental, or physical special needs. We provide pool chair lifts and portable stairs for easy access. Please contact the pool Coordinators for information at 206-684-4961.